


\*Contains nuts

## Friendly Fork Daily Menu

**January 2023**

Day	Date	Meal
Monday	2	 Closed: Happy New Year! 
Tuesday	3	Ancho Mango BBQ Chicken, Baja Black Beans, Coleslaw, Orange Slices, Black Forest Brownie*, 1% Milk
Wednesday	4	Beef Lasagna, Lemon Garlic Broccoli, Breadstick, Diced Pears, Banana Chia Pudding, 1% Milk
Thursday	5	1/2 Tuna Salad Sandwich, Southwest Barley and Bean Soup with Crackers, Corn, Tropical Fruit, Apple Cranberry Crisp, 1% Milk
Friday	6	1/2 Chicken Salad Sandwich, Mediterranean Lentil Soup, Crackers, Couscous and Roasted Corn Salad, Cinnamon Applesauce, Oatmeal Raisin Cookie, 1% Milk
Monday	9	Sweet and Sour Pork Stir Fry, Brown Rice, Lite Soy Sauce, Snow Pea and Radish Salad, Banana, Fortune Cookie, 1% Milk
Tuesday	10	Swedish Meatballs over Rotini Pasta, Tropical Fruit, Cucumber and Beet Salad, Wheat Roll with Butter, 1% Milk
Wednesday	11	Chicken and Dumplings, California Blend Vegetables, Apple/Orange/Grape Mix, Double Chocolate Muffin, Butter, 1% Milk
Thursday	12	Southwest Beef and Turkey Casserole, Aztec Corn Sauté, Spinach Red Pepper and Mushroom Salad, Chocolate Peanut Butter Brownie*, 1% Milk
Friday	13	Chicken Fajitas with Peppers and Onions, Pico De Gallo, Sour Cream, Black Beans and Corn, Honeydew, Carnival Cookie, 1% Milk
Monday	16	Hamburger with Lettuce, Tomato, Ketchup, and Mustard, Three Bean Salad, Roasted Red Potatoes, Orange Slices, 1% Milk
Tuesday	17	Egg Salad Sandwich, Garden Vegetable Soup with Crackers, Corn, Banana, Rice Krispies Treat, 1% Milk
Wednesday	18	Irish Beef Stew with Crackers, Garlic Roasted Red Potatoes, Banana Pear and Mandarin Orange Mix, Peach Cobbler, 1% Milk
Thursday	19	Chicken Fried Steak with Cream Gravy, Mashed Potatoes and Gravy, Corn O'Brien, Mandarin Oranges, Wheat Roll with Butter, 1% Milk

Friday	20	Mango Crusted Tilapia with Pineapple Relish, Lemony White Bean Salad, Glazed Sweet Potatoes, Diced Pears, Cranberry Chocolate Oat Bar, 1% Milk
Monday	23	Salisbury Steak with Beef Gravy, Mashed Potatoes and Gravy, Garlic Roasted Green Beans, Fruit Mix, Wheat Roll with Butter, 1% Milk
Tuesday	24	Parmesan Chicken Breast and Marinara over Penne Pasta, Caesar Salad, Melon/Strawberry/Grapes Mix, Chocolate Chip Cookie, 1% Milk
Wednesday	25	Sloppy Joe, Brussels Sprouts with Malt Vinegar, Roasted Red Peppers, Carrot Orange Mint Salad*, Apricot Bar, 1% Milk
Thursday	26	Beef and Pork Inside-Out Pot Pie, Broccoli and Cauliflower, Fruit Mix, Butter, Banana Pudding, 1% Milk
Friday	27	Beef Stroganoff, Cucumber/Tomato/Onion Salad, Tropical Fruit, Double Chocolate Muffin, Butter, 1% Milk
Monday	30	Fish Sandwich with Lettuce, Tomato, and Tartar Sauce, BBQ Baked Beans, Garlic Roasted Potatoes, Mandarin Oranges, 1% Milk
Tuesday	31	Egg Bake with Mexican Breakfast Potatoes, Pork Sausage Links, Fruit Mix, Apple Cinnamon Muffin, Butter, 1% Milk

Nutrition content of meals is reviewed by Jessi Like, RD at  
970-400-6118, [jlike@weldgov.com](mailto:jlike@weldgov.com)  
Detailed nutritional values for the menu, nutrition education and nutrition  
counseling can also be provided upon request



## Need to order or cancel?

Please call by 11 am the business day prior to the meal by calling to the designated meal site or by calling the Nutrition Hotline at (970)400-6955